

New patient parking ramp and Clinic lobby opening soon

Gundersen Lutheran is excited to announce the new underground patient parking ramp will be open to patients in La Crosse beginning Monday, Aug. 18. Staff will have the opportunity to view the parking ramp on Friday, Aug. 15, before it opens to the public. Watch for more grand opening news in *Bridges*.

Highlights of the new patient parking ramp include 549 parking stalls (only 230 spaces previously), 24-hour access to underground parking, van-accessible and handicap parking stalls, as well as elevator access directly to the floor of a patient's appointment.

"The parking ramp offers additional benefits for our patients and families," states Gale Kreibich, director of Service Excellence. "Covered parking should be a satisfier for patients during all seasons. The ramp is well lighted and has generous room for easy access into and out of the parking spaces. Complimentary valet parking will continue to be offered to patients and families at the lowest level of the parking ramp. Additionally, the valet shuttle will be reassigned to the ramp to assist patients to elevators," Gale adds.

The ramp and lobby addition were designed with many "green" qualities:

- Solar panels
- EnviroGLAS™ flooring and countertops, 100 percent recycled glass



The new underground patient parking ramp was designed to be environmentally and patient friendly. Solar panels are just one of the "green" features of the new ramp.

- A white roof to reflect sunlight and save money in cooling costs
- Environmentally friendly paint
- Recycling of all construction waste on the job site has reduced the impact to the local landfill

The new ramp is also LEED (Leadership in Energy and Environmental Design) certified. LEED is the nationally

accepted benchmark for the design, construction and operation of high-performance green buildings. LEED certification helps professionals across the country improve the quality of buildings and their impact on the environment by using environmentally friendly building materials, purchasing supplies locally and taking the life cycle of the building materials into consideration.

"LEED certification is measured by points related to energy conservation and environmental sustainability strategies," explains Kevin Feyen, Gundersen Lutheran's construction project manager. "We followed certain criteria during the design and construction process to meet LEED certification goals. We're striving for LEED's gold standing, but will not find out our rating until LEED officials evaluate the new parking facility and lobby addition."

West Clinic entrance closes

Beginning Monday, Aug. 18, the west entrance of the Clinic will be closed for remodeling. The remodeling of this entrance is expected to take six months. This is currently the primary entrance to the Clinic's circle drive. Patients will be required to enter the Clinic via the new entrance in the lobby addition.

If you have questions about the new patient parking ramp, please contact Kevin at ext. 56625. ●

Attend an upcoming Let's Talk session

Current and planned facilities and construction projects at Gundersen Lutheran will be highlighted at three upcoming Let's Talk sessions.

The hour-long meetings will be held on July 24, July 25 and July 29, and will be hosted by Jerry Arndt, senior vice president of Business Services, and Gary Schmuck, executive director of Facilities. The sessions will include 20 minutes of presentation and 40 minutes for discussion.

"We'll provide an update on the many projects that are underway to improve our facilities for patients, visitors and staff," Jerry says. "We're also building in plenty of time to answer questions employees may have."

All Gundersen Lutheran staff members are invited to attend the Let's Talk that best fits their schedule and snacks will be provided:

- Thursday, July 24
3 to 4 p.m., Rasmus Center
- Friday, July 25
Noon to 1 p.m., Rasmus Center
- Tuesday, July 29
9 to 10 p.m., Rasmus Center

Employees are encouraged to submit questions before the meeting, and can forward inquiries to Anne Grayson in

Human Resources at amgrayso@gundluth.org or via interoffice mail, mailstop H02-011.

Jerry and Gary will discuss:

- Master facility planning for the La Crosse campus
- Remodeling and renovation efforts at the La Crosse campus
- Construction at the Onalaska campus
- Construction and renovation efforts at regional sites

Employees who are unable to attend the Let's Talks can access the latest facilities and construction information on Gladiator at Featured Links/Facility Planning & Construction Update. The site features a grid-format facility planning and construction update, construction communication, a link to the Web camera for the Clinic parking ramp and parking ramp construction photographs.

Distance education will be available for the Let's Talk sessions and interested regional sites can call Medical Media at ext. 53950 to coordinate participation. ●

Experience the *da Vinci S* Surgical System Open house on July 21

Starting mid-August, physicians at Gundersen Lutheran will begin using the *da Vinci S* Surgical System, the newest and most advanced robotic surgical assistant technology of its kind, to perform minimally invasive prostatectomies and hysterectomies.

But before the *da Vinci S* is launched, you'll have the opportunity to "test drive" the robot and experience the spectacular 3-D images like you'd see in an open surgery. An open house will be held on Monday, July 21, from 11 a.m. to 6 p.m. in the after hours area of the dining room.

Come and check out the system's features that enhance precision and control far beyond the capabilities of your own hand. Participants will have the opportunity to sit at the console, grasp the master controls, view 3-D images and watch as the machine translates your hand and wrist movements into real-time movements with the robot's arms. Experience this technology of the future on July 21. ●

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Applause!

These are the actual cards and notes sent to Gundersen Lutheran by patients and families recognizing the great care they received.

To the Center for Breast Care:

"I was most impressed with how friendly and polite everyone was. I think there is very little you can do to improve your services. You are doing fine as far as I am concerned. I can't imagine going any other place!"

Betty L. Woodruff

To the Podiatry department:

"We would like to extend our thanks to the staff of the Podiatry department for the kindness and help they have shown us. From the cheerful greetings at the patient registration, to Dr. Caldarella's very capable nurses and assistants, to the X-ray department, everyone has been there to put us at ease and assist us in many ways. A big thank you to all!"

Sharon and Bob Shaw



Bridges is published weekly to communicate news to Gundersen Lutheran employees, volunteers, retirees and Board members. Unless otherwise directed by your manager or supervisor, the educational meetings or conferences published in *Bridges* are voluntary, not mandatory. Hourly staff will not be compensated if they choose to attend this meeting or conference and their employment will not be adversely affected by nonattendance.

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Pulling together services is goal of new Orthopaedics administrative director

Bill Baldwin has been in healthcare for 28 years in various clinical and management positions, plying his skills in many areas most notably with start-ups, turn-arounds and expansions. He now brings his years of experience and considerable skills to work for Gundersen Lutheran as the new



Bill Baldwin

administrative director for Orthopaedics.

"I came to Gundersen Lutheran because of the outstanding opportunity to lead the Orthopaedic service line," Bill reports. "With a

couple of months now under my belt, I've found Gundersen Lutheran to be an amazing organization, helping me to prepare for the challenges of being the

administrative director for multiple departments and services."

Bill works with Orthopaedics, Podiatry, Orthotics, Sports Medicine, Outpatient Physical and Occupational Therapy, and Industrial Rehabilitation. "I look forward to pulling these services together into a high-functioning service line that is totally centered around the customer," says Bill. He goes on to cite a strong leadership team including Pam Johnson-Stuhr, Cindy Schini, Butch Bobenmoyer, Jodi Symons, Mark Gilles and Bonnie Borchardt. His physician leadership partners are Charles Hayden, MD, and Michael Jacobs, DPM.

Before coming to Gundersen Lutheran, Bill served as director of Preventive Cardiology and Wellness for Empire Health Services in Spokane, Wash. He began his career working in cardiology cath lab, cardiac rehab and occupational health, and progressed into

directing medical fitness centers in Nebraska, Arkansas and his home state of Ohio.

Baldwin's college experience includes a bachelor's degree in biology from Cedarville University in Ohio, a master's degrees in exercise physiology from Kent State University in Ohio and an MBA in healthcare administration from Canyon College, Cadwell, Idaho. As a 12-year member of the Medical Fitness Association (MFA), Bill has served two terms on the board of directors and has received two achievement awards: The Don Schneider Service Award for long-term service and contributions to the MFA and the Distinguished Achievement Award for the top Medical Fitness Center.

"My wife and I have found La Crosse to be a welcoming community," says Bill. This is evident by their involvement in church, golf league and other aspects of the community.

Bill can be reached at ext. 53341 or pager 2602.●

Former child volunteer joins Internal Medicine as a physician assistant

As a young girl, Kimberly Krejchik, PA-C, spent much of her time

volunteering at Gundersen Lutheran. The Hospital, she says, was a huge part of her life as she grew up. She longed to join its ranks professionally some day, a hope that was fulfilled when she began work as a



Kimberly Krejchik, PA-C

physician assistant in Internal Medicine last month.

Though she always knew she would pursue a career in medicine, Kimberly's initial interest in becoming a physician assistant was sparked by the opportunity to job shadow a friend's father who worked at the Gundersen Lutheran - Sparta Clinic.

"I was amazed at all he could do and see, and I knew it was what I had been looking for," Kimberly remembers. The breadth of internal medicine keeps her excited and challenged by her work.

A member of the American Academy of Physician Assistants and the Wisconsin Academy of Physician Assistants, Kimberly completed her bachelor's degree and physician assistant program at Saint Louis University in Missouri.

Until now she had been employed at Divine Savior Healthcare in Portage, Wis., as a family medicine physician assistant.

In her spare time, Kimberly enjoys spending time with her husband, daughter and dog, and loves reading, cooking and gardening.

Kimberly can be reached at ext. 58388 or pager 2344.●

Center for Women offers three-part education series

The Center for Women in the Gundersen Lutheran - Onalaska Clinic is pleased to present a three-part education series.

• **Metabolism: What happened to mine and how do I get it back?**

Learn why skipping meals, frequent dieting and simply getting older lowers your metabolism. Leave with realistic, smart tips on how to revive your metabolism so you can lose weight, maintain your weight loss and have more energy.

Aug. 4 - 5:30 to 7 p.m.

Aug. 5 - 11 a.m. to 12:30 p.m.

• **What you need to fit in...not cut out!**

It's not about what foods we can't have or celebrating minimal calories. It's about starting the day right and making sure to add essential nutrients. You'll learn simple ways to include breakfast, fruits, vegetables and water into your day - including a smoothie demonstration with samples.

Aug. 11 - 5:30 to 7 p.m.

Aug. 12 - 11 a.m. to 12:30 p.m.

• **Make your wellness triangle work for you.**

At the end of the day, do you feel you forget to take care of you? If so, you are not alone. Life pulls you in so many directions; sometimes, you need to slow down and get back to the basics.

This session will help you identify where to start and how to keep going.

Aug. 18 - 5:30 to 7 p.m.

Aug. 19 - 11 a.m. to 12:30 p.m.

Gundersen Lutheran registered dietitian and Winning Weights® instructor, Jill Fleming, MS, RD, will conduct the three-part education series. Each session will take place at the Onalaska Clinic.

Cost for one session is \$10 - sign up with a friend and you'll both receive two sessions for \$15. Cost for all three sessions is \$25 - sign up with a friend and receive three sessions for \$40.

If you have questions or would like to register, call Nutrition Therapy at ext. 53447.●

Wisconsin Governor visits Child Care Center



Wisconsin Governor Jim Doyle stopped by the Gundersen Lutheran Child Care Center on July 7. Gov. Doyle held a press conference at the center to introduce La Crosse native, Reggie Bicha, as the Secretary of the newly formed Department of Children and Families. The department is focused exclusively on promoting the safety, economic and social well-being of kids and families in Wisconsin. Its Web site, dcf.wisconsin.gov, includes a new Web tool that allows families to research child care providers in Wisconsin. Pictured are (L-R) Secretary Bicha; Jeff Thompson, MD, CEO; Gov. Doyle; Rep. Jennifer Shilling, (D) La Crosse; and Rep. Mike Huebsch, Assembly Speaker, (R) West Salem.



Gundersen Lutheran brings 'Equal Footing' training to staff/on-call interpreters

Congratulations to 12 Gundersen Lutheran staff and on-call interpreters who completed the training, "Equal Footing for Limited English Proficient (LEP) Persons: A 16-hour Medical & Community Interpreting Seminar," held on June 13 and 14 at Gundersen Lutheran.

As part of continually improving healthcare for culturally diverse populations, this training was very beneficial for Gundersen Lutheran staff and on-call interpreters. It allowed local and regional interpreters to meet one another, face-to-face, to network and learn from interpreters of other healthcare facilities. Staff also learned standard professional interpreting practices, behaviors and ethics.

Now that training is complete, Gundersen Lutheran interpreters will work with providers and staff differently than in the past. If you have questions, please ask and an interpreter will explain his or her role and function for you.

Generously funded by a grant from the Gundersen Lutheran Medical Foundation, Gundersen Lutheran partnered with Southern Wisconsin Interpreting & Translation Services, Ltd (SWITS), to bring this opportunity to La Crosse. This program was a resounding success, with many positive comments from the interpreters. Señor Saul Arteaga, director and owner of SWITS and a native of Peru, guided the training. Señor Arteaga is fluent in Spanish and English and is learning American Sign Language. He is a nationally known professional interpreter and interpreter trainer, and is well qualified to teach and guide interpreters in their professional development.

Most importantly, Gundersen Lutheran Interpreter Services policies, procedures and performance evaluations will change, incorporating the "Equal Footing" philosophies and teachings. These changes include the National Coalition on Interpreting in Health Care (NCIHC) Code of Ethics and Professional Code of Conduct. With this and future trainings, language accommodations for all LEP and deaf and hard of hearing patients continues to improve. Contact Interpreter Services if you have any questions.

In addition, training for physicians and other providers on how to work with interpreters is planned for Sept. 3. Gundersen Lutheran will again partner with SWITS to bring provider training to our campus. Sharing with providers how best to work with interpreters and LEP patients will help everyone clearly understand the interpreter's role versus the provider's role. Please watch future *Bridges* for more information about this provider training. ●

'Strike Out Colon Cancer' with the La Crosse Loggers

On Thursday, July 24, Gundersen Lutheran is sponsoring a night of baseball with the La Crosse Loggers to "Strike Out Colon Cancer." Join fans at the Lumberyard to raise awareness of colon cancer and the benefits of being screened. After all, 90 percent of colorectal cancer is preventable if you get screened.

The Loggers take on the Waterloo Bucks on Thursday evening, beginning at 7:05 p.m. General admission tickets are just \$4 and are available in the GI Lab until Monday, July 21. Half of all the pre-ticket sales will go toward funding colon cancer community awareness projects.

All colon cancer survivors will be given a free ticket and "Strike Out Colon Cancer" T-shirt. Survivors need to contact the GI Lab to receive their ticket and T-shirt. Additional T-shirts will be available for \$10 each.

If you have questions or are interested in helping out at the game, contact Julie Gorski at ext. 56084 or Diane Krueger at ext. 54241. ●



Strike Out Colon Cancer Get Screened!



First row (L-R): Zanaida Landeros-Calderon, Spanish interpreter-Postville; Dora Schieffer, Spanish interpreter; Lucy Healy, Spanish interpreter-Postville; Karen Sherman, University of Wisconsin-La Crosse associate lecturer-Spanish; Sonia Landivar, Spanish interpreter; Marcella Lagos, community Spanish interpreter; Mary Vang, community Hmong interpreter; Gina Yang, Hmong interpreter (holding poster); See Thao, Hmong interpreter; Choua Lo, Hmong interpreter. Second row: Marina Tofstad, Spanish interpreter; Adele (DeDe) Martin, ASL interpreter; Vaj Loog Zeb, community Hmong interpreter. Third row: Antonio Toledo, Spanish interpreter; Karyn Reese, presenter and Spanish interpreter; Saul Arteaga, presenter/interpreter/owner of SWITS; David Barnes, community Spanish interpreter; Mayra Jaramillo, Aurora Health Care, Spanish interpreter; Kristine Krall-Lowenstein, interpreter manager; and, Sasha Federiuk, Spanish interpreter. Not pictured: Ruben Ortega, Spanish interpreter-Whitehall; and Farida Green, Aurora Health Care, Spanish interpreter.

Clip for future reference

For future appointments:

- Hmong language—ext. 53754
- Spanish language—ext. 53443
- American Sign Language—ext. 50117

For immediate needs, clinic hours:

- Hmong language—page 0441
- Spanish language—page 3000
- American Sign Language—page 2680

Language line telephone interpreters (available 24/7):

- (800) 874-9426
- System ID number: 231033, and your department accounting unit number (if unknown, ask manager)

Interpreter Services Web site:

- Go to Gladiator/Top Corporate Resources/Interpreter Services link.

If you need to call a patient who is deaf/hard of hearing, use relay:

- Text relay:** Dial 711, wait through tones and follow operator prompts.
- Video relay:** See Interpreter Services Web site for resources.

Note: When you call to request an interpreter, please leave patient's name rather than clinic number.

The Joint Commission site visit expected for Stroke Center

Two years ago, in September 2006, Gundersen Lutheran was awarded certification by The Joint Commission as a Primary Stroke Center. As is true with the Hospital accreditation, the Stroke Center must also demonstrate ongoing compliance with specific Joint Commission standards. This process assures that stroke patients continue to receive excellent care based upon evidence-based medicine. Gundersen Lutheran will be given five working days' notice of this one-day site visit. The visit is expected to occur between Aug. 18 and Nov. 13.

In addition to the review of clinical care, the surveyor could ask any employee what the signs and symptoms of stroke are and what to do about it. Wallet cards with this information will be available for all staff by August. There will be more information about this in next week's *Bridges*.

For questions, contact Mary Cummins Collins, coordinator of the Stroke Center, at ext. 55657. ●

Credit Union will be closed July 21

Gundersen Lutheran Credit Union will be closed on Monday, July 21, due to a computer software conversion. The four shared branches will not be available from approximately 4 p.m. on Friday, July 18, through Monday morning, July 21. All ATMs will be accessible throughout the conversion. ●

Sympathy

Gundersen Lutheran friends and co-workers express their deepest sympathies to Laurie Delaney, PACU, on the death of her step father-in-law, Ralph Breecher; Karen Brandt, Information and Referral Center, on the death of her father, Joe Dingeldein; Laura A. Davis, Medical Education, on the death of her father, Richard M. Zinkle; Rita Jordi, Cardiology, on the death of her grandfather, Eugene Hauser; Jane Korn, Outpatient Surgery Center, on the death of her father-in-law, Raymond Korn; Rick Hirschuber, Information Systems, on the death of his father, William J. Hirschuber; and Tracey Boldon, OB/Gyn, on the death of her father, Richard Haskey.



Multiple Sclerosis patient education group

Meeting on July 28

Multiple Sclerosis (MS) education is available for patients, families and friends. This education group meets the fourth Monday of every month except for May and December at the City Brewery Hospitality Center, 1111 South 3rd Street, La Crosse.

This month's meeting will take place on Monday, July 28. There is a meal beginning at 6 p.m. with a guest speaker, Val Stickler-Diehl, MS-certified nurse, from Des Moines, Iowa, at 6:15 p.m. Val's presentation is titled, "Living Well with MS: Re-wiring Your Brain."

Pre-registration is requested. To register or request information, call ext. 59000 and ask to speak to the neurology nurses.

Register now for Partners annual golf tournament

The second annual Partners of Gundersen Lutheran Golf Tournament will be held on Friday, Sept. 5, at Forest Hills Country Club, La Crosse. Employees, Partners members, volunteers, retirees and community members are welcome to participate.

The daylong event will include golf from 12 to 4:30 p.m., bingo at 4:15 p.m. and dinner at 5:30 p.m. The cost for golf and dinner is \$65; bingo and dinner, \$35; and only dinner, \$25.

Proceeds from the event will benefit the Carilee Fund, established by Gundersen Lutheran Medical Foundation to help domestic violence victims with financial support.

To request a registration form or for more information, call the Partner's office at ext. 53602. Your entry form and fee must be submitted to the Partner's office, mailstop H03-004, by Aug. 22.

MyHealth tip

Mosquito season is upon us again. To control the mosquito population around your house:

- Remove or empty anything that can collect water such as hollow logs, empty flower pots and pet dishes (mosquitoes breed in standing water).
- Clean out clogged rain gutters.
- Drill holes in the bottom of outside garbage or recycling containers.
- Make sure screens on windows and doors fit tightly and have no holes.
- Try yellow "bug lights" on decks and porches; they attract fewer mosquitoes than regular lights.

Gundersen Lutheran welcomes new and continuing residents and fellows

This year's Gundersen Lutheran postgraduate trainees have begun their work in internal medicine, general surgery, oral and maxillofacial surgery, podiatric medicine and surgery, transitional year residency, sports medicine physical therapy, pharmacy practice, and bariatric surgery.

"It is always exciting when we welcome new and continuing residents to Gundersen Lutheran. Our residents bring youthful energy and enthusiasm to the organization, and in turn, we are able to offer them a superb learning environment," comments David H. Chestnut, MD, director of Medical Education.

The duration of the training varies among these residency programs. The transitional year residents spend one year gaining clinical experience in a variety of clinical departments. Following their time at Gundersen Lutheran, these residents pursue additional training elsewhere in a specialty such as anesthesiology, dermatology, ophthalmology, physical medicine and rehabilitation, radiation oncology or radiology. Other residencies range in length from one to five years:

- Sports medicine physical therapy (one year)
- Pharmacy practice (one year)

- Internal medicine (three years)
- Oral and maxillofacial surgery (four years)
- Podiatric medicine and surgery (three years)
- General surgery (five years)

The minimal invasive laparoscopic surgery fellowship, which is being completed by Brandon T. Grover, DO, is one year. Dr. Grover completed a five-year residency in general surgery prior to entering the fellowship program.

General Surgery



Timothy Berkseth, MD
Pager 2828
PGY I



Jill Friesema, MD
Pager 0861
PGY I



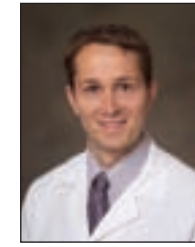
Joshua Froman, MD
Pager 0331
PGY II



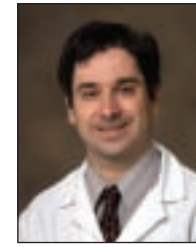
Travis Smith, MD
Pager 3753
PGY II



Nicholas Kitowski, MD
Pager 0137
PGY III



Jared Linebarger, MD
Pager 0379
PGY III



Julio Bird, MD
Pager 0678
PGY III



Daniel Mumme, MD
Pager 0676
PGY IV



Andy Hand, MD
Chief resident
Pager 0885
PGY V



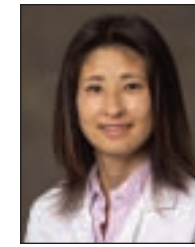
Jesse Kampshoff, MD
Chief resident
Pager 0858
PGY V



Brandon Grover, DO
Pager 0702



Elizabeth Plovanich, DPM
Pager 3757
PGY I



Miki Matsuda, DPM
Pager 0455
PGY II



Benjamin Felty, DPM
Chief resident
Pager 0325
PGY III

Pharmacy Practice



Evgeny Gorodecky, Pharm D
Pager 4312



Gretchen Kunze, Pharm D
Pager 3038



Matthew O'Meara, Pharm D
Pager 4107

Oral & Maxillofacial Surg.



Taite Anderson, DDS
Pager 0989
PGY I



David Cleverly, DDS
Pager 0674
PGY II



Andy Kabele, DDS
Chief resident
Pager 3754
PGY IV

Transitional Year



David Barbara, MD
Pager 3583
PGY I



James Boyum, MD
Pager 0850
PGY I



Adam Breunig, MD
Pager 2501
PGY I



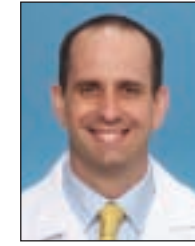
Sarita Dave, MD
Pager 0948
PGY I



Laura Freeman, MD
Pager 0857
PGY I



Blake Niederhauser, MD
Pager 0387
PGY I



Benjamin Ringger, MD
Pager 0565
PGY I



Benjamin Smith, MD
Pager 0899
PGY I



Kim Strupp, MD
Pager 0673
PGY I



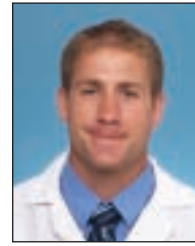
David Vonk, MD
Pager 0860
PGY I



Jonathan Williams, MD
Pager 0986
PGY I



David Zander, MD
Pager 3584
PGY I



Christian Chebny, DPT,
ATC, LAT



Thomas Olson, DPT



Akshatha Gowda, MBBS
Pager 0854
PGY I



Jason Haas, DO
Pager 2826
PGY I



Leslie Harris, MD
Pager 0732
PGY I



Pravachan Hedge, MBBS
Pager 0822
PGY I



Judith McElhiney, MD
Pager 0366
PGY I



Chad Pedersen, MD
Pager 3524
PGY I

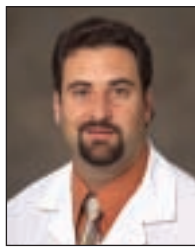


Melanie Solum, MD
Pager 2564
PGY I



Lisa Veglahn, MD
Pager 2499
PGY I





Jay Bennett, DO
Pager 0826
PGY II



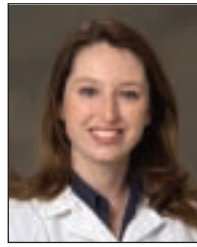
Tracy Blichfeldt, MD
Pager 0679
PGY II



Neesha Fournier, MD
Pager 3789
PGY II



Michelle Hauck, MD
Pager 2829
PGY II



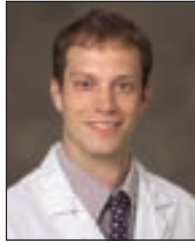
Laura Main, DO
Pager 3790
PGY II



Ravi Pingali, MBBS
Pager 3807
PGY II



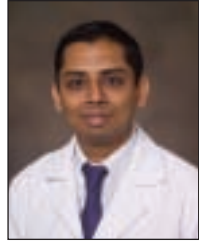
Darin Skaudis, MD
Pager 3793
PGY II



Duane Undeland, MD
Pager 3801
PGY II



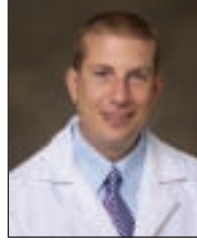
Michael Witcik, MD
Pager 3802
PGY II



Vijay Bandhakavi,
MBBS
Pager 0825
PGY III



Rama Divi, MBBS
Pager 3993
PGY III



Peter Halverson, MD
Pager 2515
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Vasthala Juvvigunta,
MBBS
Pager 0887
PGY III



Srilakshmi
Lankireddy, MBBS
Pager 0381
PGY III



Swapna Narayana,
MBBS
Pager 0987
PGY III



Bharat Puchakayala,
MBBS
Pager 0779
PGY III



Sujatha Tata, MBBS
Pager 0375
PGY III



Kevin Wergeland, MD
Internal Medicine/
Hospitalist
Chief resident
Pager 3538

MRI safety week is July 21-25

Nearly everyone who works around magnetic resonance imaging (MRI) has heard stories of preventable accidents in the MRI suite: wheelchairs or oxygen cylinders pulled into the scanner by the magnetic field, injuries caused by flying objects or patients injured by implanted devices.

More than 10 million MRI scans are performed each year in the US and while most cause no harm, the dangers of the procedure are not well known. To bring attention to this issue, The Joint Commission issued a Sentinel Event Alert on Feb. 15 to urge healthcare organizations to pay special attention to preventing accidents that can occur during MRI scans.

MRI is a diagnostic procedure that uses a powerful magnetic field and radio waves to produce detailed images of a patient's anatomy and physiological function without the use of X-rays or radioactive materials. It is an important diagnostic tool, but special care must be taken to reduce the risk of injury to patients and staff. The MRI suite is a unique environment:

- The powerful magnetic field is invisible.
- The magnetic field is always "on" and doesn't shut off between patients or after hours.
- Metal objects can be pulled to the scanner at high speed and force, causing injury and expensive damage.
- Normally safe implanted devices in patients such as pacemakers, cardiac defibrillators and nerve stimulators may malfunction or injure the patient.

Patients are carefully screened with a questionnaire before they are scheduled for an MRI scan. Questions cover past surgeries, work experience, medical implants or patches, pacemakers, past injuries, heart valves, stents, ocular implants and many more. If you are completing a questionnaire with or for a patient, be sure to answer all questions

carefully and accurately. MRI safety officer Mary Ellen Jafari, MS, DABR, stresses, "I can't overemphasize the importance of completing the questionnaire accurately. Our MRI department can't protect patients or staff without this critical information." Jafari also pointed out a complete and accurate questionnaire prevents last minute cancellation of scans. Cancelled scans are upsetting to patients and providers. They also cause loss of revenue to the organization if the scanner is sitting idle rather than being used.

Gundersen Lutheran's Imaging department has a proactive MRI safety program, established in 2005. MRI safety training has been incorporated into orientation and annual competency training for numerous departments. Special "MRI safe" equipment is used in our MRI suites instead of unsafe equipment containing metal. A comprehensive safety policy is current and available on Gladiator (Imag-0660). Special MRI signage has been posted in the MRI department. Safety is a key component of planning for the 2009 installation of a MRI scanner in the lower level of the East Building, incorporating 2007 MRI Safety recommendations issued by the American College of Radiology.

Help patients and staff stay safe in MRI

- If required for your department, be sure to complete your annual MRI safety training, either on Learning Zone or at an in-service provided by Diagnostic Physics staff.
- If completing an MRI questionnaire with or for a patient, answer all questions carefully and accurately.
- Read and follow the MRI Safety policy (Imag-0660) on Gladiator.

For more information, contact Mary Ellen at ext. 52933 or Joni Olson, MRI clinical manager, at ext. 52075.●

Sowing Seeds of Hope

aids farm families Behavioral Health offers free counseling

Losing a farm can be tragic. The Wisconsin Sowing Seeds of Hope counseling program understands loss of a farm can often mean loss of your way of life or inheritance. It can also mean feelings of depression, anxiety or even sleeplessness. That is why Sowing Seeds of Hope is offering free confidential mental health counseling to Wisconsin farm families affected by the recent widespread flooding and poor economy.

The program provides services to farmers and farm families who have a minimum of \$10,000 in gross farm sales each year and have limitations that would inhibit access to mental and behavioral health services.

Farmers who meet these conditions are encouraged to call the Wisconsin Farm Center at (800) 942-2474. By calling, farmers receive five vouchers and have 90 days to visit the participating mental health provider of their choice. Gundersen Lutheran's Behavioral Health department is proud to be a partner and offer help to all farm families in need.

To use the free service, participants only need to identify themselves as a Wisconsin Sowing Seeds of Hope referral and present their vouchers at the time of the appointments. The service is completely confidential and free.

Sowing Seeds of Hope began in 1998 and is a project designed and initiated by the Wisconsin Office of Rural Health and Wisconsin Primary Health Care Association. It is supported by federal grants from the U.S. Department of Health and Human Services.●

CMN raffle winners

Winners of the Children's Miracle Network® (CMN) Calendar Raffle for July 7-13 include:

- July 7 - \$25, Lynda Privet
- July 8 - \$25, Deb Brostrom
- July 9 - \$25, Mitchell Hess
- July 10 - \$25, Joyce Norman
- July 11 - \$25, Sylvia Firary
- July 12 - \$25, Lynda Palen
- July 13 - \$50, Carl Wiedman

Daily drawings will continue throughout July. Watch for the winners' names in *Bridges* and *Weekly Update*. For more information, call CMN at ext. 54424.

CMN is a service of Gundersen Lutheran Medical Foundation.

Wanted: Wall art to benefit Paula's Purse

Do you have wall art you don't want or need? What will you do with your unwanted masterpieces? Donate them to help Paula's Purse.

Ambiance will be holding an Orphaned Art Sale on Friday, Aug. 1, and are currently accepting your wall art. Donated art can be dropped off at Ambiance, 115 S. 2nd St., La Crosse. Art is accepted Monday through Thursday, 10 a.m. to 5:30 p.m.; Friday, 10 a.m. to 6 p.m.; Saturday, 10 a.m. to 5 p.m.; and Sunday, noon to 4 p.m.

Questions? Call Sue Ann Mitley at 784-4051. Watch for more information about this art sale in next week's *Bridges*.

TB tests offered on La Crosse campus

July 28 - Aug. 1

You are due for your annual TB test if you work on the La Crosse campus and were hired in June, July or August of any year, or if your test is overdue. Watch your mail for your TB notice.

TB tests are given in Employee Health Services located in the basement of the Founders Building (next to Adolph's Grill).

Schedule for TB test week: July 28 - Aug. 1

- Monday, Tuesday, Wednesday and Friday – testing and reading 6:30 a.m. to 5 p.m.
- Thursday – reading only 6:30 a.m. to 5 p.m.

Remember TB testing is mandatory. Questions? Call Employee Health Services at ext. 53747.



Last opportunity to buy tickets for Halfway to the Holidays baskets

If you haven't had the opportunity to buy chances to win your favorite Halfway to the Holidays baskets, you have until tomorrow. The baskets are displayed on Gladiator. Tickets are \$1 each or six for \$5 and can be purchased through Community & Preventive Care Services by e-mailing wellness@gundluth.org or calling ext. 54717. The winners will be announced Monday, July 21, at 4 p.m.

Proceeds will go toward Gundersen Lutheran C*A*R*E*S and employee wellness activities.

Next Stress Less program begins Aug. 4

The word stress has many different meanings and individuals may have different viewpoints on what stress means to them. This is key in stress management because stress is a perception. What may be stressful to one person may, in fact, be exhilarating to another. Gundersen Lutheran's Stress Less program focuses on learning coping skills and how to change one's perception of stress.

Stress Less meets once a week for eight weeks from 5:15 to 6:30 p.m. The next session will begin on Monday, Aug. 4. Classes are held at the Gundersen Lutheran - Onalaska Clinic. For more information, call Christie Harris at ext. 56861.

Kohl's Cares for Kids® offers books and plush to benefit the Foundation

Make the dog days of summer "bearable" with books from beloved author and illustrator, Eric Carle. Through the Kohl's Cares for Kids® program, Kohl's is offering an exclusive edition of Eric Carle's popular bear book series - each of which retails between \$8 and \$17 at national bookstores and online outlets - for only \$5 each. Exclusive coordinating plush bears are also available for \$5 each. Kohl's will donate 100 percent of the net profits to children's health and educational opportunities including

Kohl's Cares for Kids - Kids Care Kollege at Gundersen Lutheran Medical Foundation.

Now through September at Kohl's, each purchase of "Brown Bear, Brown Bear, What Do You See?," "Baby Bear, Baby Bear, What Do You See?," "Panda Bear, Panda Bear, What Do You See?" and "Polar Bear, Polar Bear, What Do You Hear?" will benefit children's health and education initiatives nationwide. Eric Carle's collaboration with author Bill Martin Jr. resulted in a picture book series that delights children and adults alike.

The stories are a perfect match for Kohl's Cares for Kids® which has helped hospitals nationwide accomplish great things. Throughout the past two years, Kohl's Cares for Kids® has given more than \$108,000 to support Kohl's Cares for Kids - Kids Care Kollege. This program offers daycare providers with the best up-to-date education on issues related to childhood health, promotion of wellness and prevention of illness. With each local Kohl's Cares for Kids purchase, the Foundation's funding increases.●

Health Plan to provide Explanation of Benefits for prescriptions

Gundersen Lutheran Health Plan will be providing a new service for you, if you have medical coverage as an employee of Gundersen Lutheran. Within the next week, the Health Plan will mail Explanation of Benefits (EOB) for all prescription drugs filled during the first six months of 2008. Each family member will receive a separate EOB. Subsequent reports will be mailed every six months.

The EOB will give you a sense of the total cost of your medication, not just what you pay. It will show the amount you paid as out-of-pocket expenses for prescriptions and the amount Gundersen Lutheran paid as your employer.

This EOB will be helpful to you. There are several reasons to review and keep this document:

- Review the accuracy of your EOB to make sure your prescription drug profile

is correct and your pharmacy has not overlooked any medications on your drug list.

- The EOB can be used in place of pharmacy receipts to file for reimbursement from your healthcare reimbursement account under the Flexible Benefit Plan. If you have already been reimbursed for some prescriptions in 2008, be sure to exclude those items when completing a claim to avoid duplication. To view your reimbursement account activity on Gladiator, visit Employee Self Service/Benefits/Spending Accounts. If you have questions concerning this, contact benefits specialists Jenny Bury at ext. 53923 or Sue Seidel at ext.53924.
- Your EOB will include additional information that may help you with your

overall prescription costs. For example, a prescription drug may be noted as having a less expensive alternative, an over-the-counter equivalent or a tablet-splitting opportunity to reduce the cost.

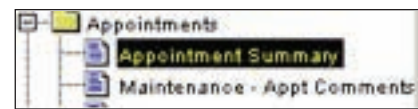
- Finally, you will want to keep your EOB for help at tax time. Some people are able to itemize deductions and your prescriptions can be included in your medical expenses if you don't receive reimbursement from your healthcare reimbursement account.

Watch for your first EOB to be delivered to your home shortly. If you have any questions regarding your prescription EOB, call Gundersen Lutheran Health Plan's Customer Service department at ext. 58007 or (800) 897-1923. Office hours are 8 a.m. until 5 p.m., Monday through Friday.●

Electronic appointment summary is now available

Beginning today, July 17, an electronic appointment summary will be available for use across Gundersen Lutheran. It will provide a standardized document for notification to patients of all of their future appointments and will replace the handwritten appointment card or the patient itinerary from PP+.

The appointment summary will only display future appointments that are booked in PP+. Appointments that are booked in another scheduling system will not print on this summary. It can be accessed directly from PP+ by using the AS button or for those who do not have access to PP+, it is located on the left menu of Clinical Workstation under the Appointments folder.



The appointment information will include department name, location and phone number; appointment day, date and time; provider name and any pre-determined department comments. The user also can select an appointment comment from a generic list. A free text comment area is also available for comments that need to be more specific. The department location's address and phone number will print at the end of the appointment summary. Global comments are informational comments that will display on every appointment summary.

English is set as the default language, but the user can print an appointment summary in Hmong or Spanish as well. If one of these languages is selected, all comment sections will be translated into the appropriate language with the exception of the free text comments; they will remain in English.

All Laboratory and Radiology "only" appointments will not print the time of the appointment or the ordering provider. Behavioral Health appointment information will print on the appointment summary with the exception of the provider.

For more information, contact the patient liaison trainers at ext. 56992.●

Continuous Readiness tip: 'Do Not Use Abbreviations' list

Applicable for all, not just doctors

To ensure that safe, quality care is given to all our patients, Gundersen Lutheran has developed a list of "Do Not Use Abbreviations." What you may not know is that the nine abbreviations on this list are applicable to **all** written documentation not just the doctor's orders.

Because all written documentation is an important part of communication among caregivers and a miscommunication could lead to an error, these abbreviations are prohibited anywhere in the patient's medical record. This includes, but is not limited to, flow sheets, medication administration records (MARs), progress notes and any free text sections in Clinical Workstation.

The chart (right) lists the abbreviations that should not be used and the reason they are on the list. Questions? Contact Kim Weber at ext. 52960 or the Department of Continuous Readiness at ext. 56495.●

Abbreviation	Reason
Lack of leading zero	(.X mg) The decimal point is missed. Always use a zero before a decimal point (0.X mg).
MS	Confused for one another; write "Morphine Sulfate" or "Magnesium Sulfate."
MSO4	Confused for one another; write "Morphine Sulfate" or "Magnesium Sulfate."
MgSO4	Confused for one another; write "Morphine Sulfate" or "Magnesium Sulfate."
Q.D.	Mistaken for each other. The period after the Q can be mistaken for a "0" or a "1." Write "daily" and "every other day."
Q.O.D.	Mistaken for each other. The period after the Q can be mistaken for a "0" or a "1." Write "daily" and "every other day."
Trailing zeros	(X.0 mg) The decimal point is missed. Never write a zero by itself after a decimal point (X mg).
i.u.	International unit can be mistaken for (i.v.) intravenous.
u	Intended meaning: "Unit" mistaken as zero, four or cc. Write out "unit."
ug	Mistaken for mg (milligrams), resulting in a one thousand-fold dosing overdose.





Welcome new employees and volunteers



Dana Schinzel
RN
Nursing Float Pool



Kathy Sloan
LPN
GI Lab



Ben Stokke
RN
6 West



Rick Vogel
Engineer
Facility Operations



Darcy Hanson
Medical assistant
Nursing Float Pool



Beth Hartung
Consultant
Corporate Learning



Danielle Hesselberg
Environmental asst.
Environmental Services



Patrick Hughes
Environmental spec.
Environmental Services



Gary Jacobson
Washroom operator
Laundry



Belinda Klock
Systems analyst
Clinical Systems



Jeana Lejeune
Social worker
Social Services



Ashley Loeding
Environmental asst.
Environmental Services



Jenny Munger
RN
3 West



Michelle Pontius
Radiologic tech.
Diagnostic Radiology



Jesse Prestwood
Dietary aide
Dietary



Nicole Schultz
CNA
Medicine & Oncology



Jennifer Viner
RN
Labor & Delivery



Jayda Berckman
Volunteer
Volunteer Services



Bob Borchardt
Volunteer
Volunteer Services



Maria Holley
Volunteer
Volunteer Services



Danielle Martin
Volunteer
Volunteer Services

Employee Self Service temporarily unavailable

Employee Self Service is temporarily unavailable through Gundersen Lutheran's external Web site, gundluth.org. Information Systems will remove the Employee Self Service link on gundluth.org until it is operational again.

Staff can still access Employee Self Service through Gladiator. We apologize for this inconvenience.

Safety tip of the week

Sitting at a computer or standing at your workstation for extended periods of time can cause muscle tension, stiffness and strain in the neck, arms, wrists, hands, back and legs.

Remember to stretch and flex for your health and safety. Take short stretch breaks at least once per hour during your workday.

'Home Run for Life' series continues at the Lumberyard

Gundersen Lutheran has teamed up with the La Crosse Loggers to honor five patients and announce their success stories at baseball games throughout the summer. Mary Anderson was the second of five patients honored at the July 6 Loggers' game.

Here is her story:

For Mary Anderson, Dec. 5, 2007, started like so many other winter mornings in Wisconsin. She finished shoveling snow off the driveway at her Sparta home, and headed out on the drive to her job at Gundersen Lutheran in Onalaska. Instead of arriving at Gundersen Lutheran as usual, on this day she arrived by ambulance.

While driving to work, Mary was in a devastating car accident on Highway 16 near Bangor. After such a serious accident, it's hard to think of Mary as being lucky that day, but she was fortunate to be taken to Gundersen Lutheran's Level II Trauma & Emergency Center.

Level II status establishes Gundersen Lutheran as the premiere trauma center in the region and makes the Trauma & Emergency Center the designated transport site for all patients with major trauma. This means patients, like Mary, receive the highest level of comprehensive trauma care in the region.

With emergency protocols in place, even before Mary arrived at Gundersen Lutheran, a trauma team was alerted and waiting. The team—including trauma surgeon Nirav Patel, MD,—worked to evaluate, triage and treat Mary's extensive injuries.



After taking their "Home Run for Life," patient Mary Anderson and Cecile D'Huyvetter, Trauma Services program manager, received many high fives from the Loggers baseball team and even more cheers from the crowd.

Mary's potentially life-threatening injuries include a C-2 neck fracture. Mary's neurosurgeon Jerry Davis, MD, later revealed to her that this was the same crippling neck fracture suffered by the actor Christopher Reeve. Fortunately, in Mary's case, her spinal cord was not severed. She wore a rigid brace for the next three months to immobilize her head and neck while her body healed. Mary also sustained lower spinal fractures, rib fractures and laceration to her head and face.

Thanks to Mary's determination and the outstanding care from the Gundersen Lutheran staff, miraculously Mary was able to leave the Hospital after only one week.

She is back to work full time now, using her skills and gifts as a nurse, and new insights as a patient, to help others. She is grateful for all the wonderful care she received and she'll never forget all those who gave her her life back. ●

Enroll in Epic keyboarding classes

In preparation for the implementation of the electronic medical record at Gundersen Lutheran, free keyboarding classes are being offered for all staff starting July 7 and continuing through mid-August.

Nursing Staff Development has partnered with Hawkins, Ash, Baptie & Company, LLP, to offer a "hands-on" training in their training center at 99 Milwaukee Street, La Crosse.

Highlights of training include:

- A Microsoft master instructor
- A pre- and post-typing skills assessment to individualize learning

- Mavis Beacon software to improve both typing speed and accuracy
- Register for three 3-hour sessions

To register for this class, log into Learning Zone and click on the Epic Education link. The course number is EMR104A. If you choose to enroll, you need to attend three sessions total.

Directions to Hawkins, Ash, Baptie:

From the Hospital, follow 4th Street north which will turn in to Copeland Avenue. Take a left on Causeway Boulevard by Kwik Trip and a right on Milwaukee Street. Follow for one

block and HABCO will be located on your left.

Unless otherwise directed by your manager or supervisor, this educational meeting is voluntary, not mandatory. Hourly staff will not be compensated if they chose to attend this meeting and their employment will not be adversely affected by non-attendance. Attendance should not result in overtime pay.

If you have questions, contact Carla Lang at ext. 55905. ●

Swap Shop is a free classified ad service to Gundersen Lutheran staff, volunteers and retirees. **Deadline is 12 p.m. Monday** to appear in that week's *Bridges*. Ads must be **30 words or less** and include a personal phone number. All phone numbers are (608) area code unless otherwise noted. *Bridges* staff reserves the right to refuse publication of, or edit, any ad request. Ads may run twice, but must be resubmitted. Swap Shop space is available on a first-come, first-serve basis. **Submit ads:** Fill out an online form at Gladiator (Online Forms/SwapShop) or through GundLuth.org/SwapShop. Please note this is a Web page, not an e-mail address; direct e-mails are not permitted. **Fax:** 775-6572. **Interoffice Mail:** to Swap Shop, NCA1-03. **NO PHONE CALLS PLEASE.**

Menu for July 21-25

- Monday**
Roast beef, potato and ham casserole, chicken ranchero burrito, jalapeno cream cheese poppers, green beans w/ almonds, rutabagas, soup - navy bean
- Tuesday**
Filet of cod almondine, turkey and dressing bake, Philly steak sandwich w/ Swiss on kaiser, butter- and parsley-roasted redskin potatoes, steamed corn, steamed peas, soup - chicken dumpling,
- Wednesday**
Roast pork, beef stroganoff on noodles, chicken strips, parmesan zucchini, Monte Carlo blend vegetables, soup - chicken wild rice
- Thursday**
Baked-stuffed chicken breast/gravy, penne pasta w/ Italian meat sauce, grilled veggie sandwich on wheat berry bread, whole baby beets, glazed sweet potatoes, soup - cream of potato, taco salad bar
- Friday**
Oven-roasted turkey breast, stuffed shells with sauce, cod nuggets, glazed sliced carrots w/ bacon, steamed spinach, soup - Wisconsin cheese

Following are the hours for all food service options in La Crosse:
Dining Room:
Weekdays:
• Breakers: Special, 10:30 a.m.-1:30 p.m.; Full menu, 2 p.m.-6:30 a.m.
• Hot Entrée Area: 6:30 a.m.-2 p.m. and 4:30-6:30 p.m.
Weekends:
• Breakers: 2 p.m.-6:30 a.m.
• Hot Entrée Area: 6:30 a.m.-2 p.m.

Founders Food Service: Adolf's Grille
Weekdays: 7 a.m.-3 p.m. with lunch specials from 11 a.m.-1 p.m.

Vending Area:
Open 24 hours. Grab-and-go items available at lunchtime.

1900 Perk Ave:
Weekdays, 6 a.m.-6 p.m. Serving gourmet Starbucks coffee, baked goods, juices and sandwiches.

View Foodservice Menus on Gladiator - Corporate Reference page.



SwapShop

- FOR SALE**
16' MiroCraft deep v-bottom, 40-hp Johnson, elec. start, power trim & tilt, new fish locator, Minnkota trolling motor, low hrs., \$3,000. 269-5987.
- AKC-registered mini Daschund puppies**, born 6/13, smooth & long hair, various colors, family raised, both parents on site, \$600. 788-3709.
- Canon camera**, DSLR 8-mp Digital Rebel, 18-55 mm lens, like new cond., perfect starter for interchangeable-lens photography, \$295. 792-0151.
- 4 Bengals vs. Packers tickets**, 8/11, sec. 103, row 39, seats 31-34, \$250. 526-2594, Jon.
- 6'x12' enclosed cargo trailer**, spring axel, side door, rear-ramp, lighted plywood interior, perfect for motorcycle or ATV, \$2,195. 386-4802.
- 19' Hydrosport bass boat**, loaded w/ 200-hp Evinrude, trailer, all electronics, like new, \$8,950. 792-1208 or 786-2112.
- 5-yr.-old female Yorkshire Terrier**, 6 lbs., housebroke, spayed, well-behaved, needs full-time companion, \$350. (563) 419-0161.
- Small-chest freezer**, 4-yr.-old; ping-pong table; both in gd. cond. 784-1705, leave message.
- 23' 1989 SeaRay 230 Weekender**, 260-hp Mercury Cruiser, well maintained, nice boat w/ many extras, \$10,000. 788-1752.
- 1969 Johnson boat motor**, 15 hp, runs great, \$300 OBO. 317-5055.
- 26" window A/C**, \$15; GE dual oven, \$30; Kitchen Aid stove top, 4 burner, \$20; Rom Weber armoire, \$800. 519-0264.
- Grassy round bales of hay**, no rain, 1,000 lbs. ea., can deliver. 269-5315.
- Soloflex weights**, bench, leg lift & arm butterfly extensions, exercise chart, \$400 OBO. 689-2271.
- Clarinet**, gd. cond., \$150. (507) 895-2372.
- Elliptical**, purchased winter 2008, rarely used, like new, \$1,000 OBO. (507) 450-8752.
- Nice deck box w/ shelf**, horizontal, pretty big, new, \$50. 788-7350.
- 2000 Titan Renegade 3/H gooseneck trailer**, ex. cond., brand new tires, finished dress, rm w/ cabinets, \$7,500 OBO. 787-6195.
- Bowflex Ultimate 2 gym**, w/ all the attachments & extras, new, 1/08, \$2,200. 397-5185.
- Kenmore freezer**, almond. 787-5511.
- 8'x 11' tan area rug**, VG cond., \$40; blue upholstered chair, \$35. 781-8404.
- Lift chair**, brown, like new, \$375. 317-7436.
- Medela double breast pump**, used very little, \$125. 385-5560.
- 48" round solid oak dining table** w/ 2 captain chairs, ex. cond., \$200 OBO. (616) 308-4733.
- 10-gal. aquarium** w/ all accessories, \$50; 20-30 gal. fish tank, glass only, \$50; computer desk, used only 4 months, \$50. 606-2082.
- 2005 29' Jayco Jay Flight**, great cond., hardly used, surround sound, DVD; Whirlpool super capacity dryer, gd. cond., \$100; Pack N Play, like new, \$25. 790-7832.
- Gift card to Funk** on Rose St., La Crosse, \$114.98, selling for \$100. 386-6106.
- Frigidare 18 cu. ft. wht. refrigerator** w/ top freezer, \$150; Whirlpool electric range, \$100. 785-0473.
- Seven 1-day Country Jam tickets**, 7/18, \$40/ea. 519-2559.
- Skechers blk. shoes**, Alley Cat style, men's sz. 10, ex. cond., \$9.99. 539-3193.
- Boat trailer guides**. 397-7033.

- Two 5' folding tables**, lightly used, very sturdy, \$75. 487-3344.
- Corner ent. cnt.** w/ shelves, storage w/ glass doors, holds 30" TV, \$30 OBO. 797-9686.
- 14' aluminum fishing boat**, trailer, cover, oars, elec. trolling motor, VG cond., \$50. (507) 643-7064.
- Tag-along bike**, \$50; girls' 16" Schwinn chopper bike, pink, \$20. 786-4409.
- Lg. corner computer desk**, \$50. 788-2750.
- Maytag washer & dryer**, washer recently overhauled, like new, you haul, \$150/ea. OBO. 782-3634.
- Dell desktop computer & computer desk**, \$350; pool & deck, call for details. 796-2928.
- JVC car stereo & 12" sub.** w/ amp., like new, \$100; Sharp VHS VCR, \$10; Zenith console TV, \$20. (507) 895-8645.
- Men's button-down dress shirts**, sz. med., 16.5 neck, 32/34 sleeve, \$5/ea. 788-1703.
- Newer pool table**, 2 sets of balls & rack, you haul, \$100 OBO. (507) 450-4470.
- Jupiter trumpet** w/ case, \$150; Armstrong flute w/ case, \$150. 788-8636.
- Sony XPLD AM/FM CD car stereo**, 50w x 4, detachable face, used 1 mo., ex. cond., \$85 OBO. 487-4417.
- MTD riding lawn mower**, 46", 20-hp, \$300. 780-3279.
- 6-drawer, full-sz. waterbed pedestal**, \$25 OBO. 788-5527.
- Sesame Street umbrella-style baby stroller** w/ basket underneath, \$10; jumping jack baby bouncer, clamps to doorway, \$15. (507) 429-4101.
- Alfred Angelo wedding gown**, sz. 10., off-the-shoulder, sweetheart neckline, cathedral train, beaded cathedral-length veil, \$300/both OBO. (507) 429-4101.
- Pro-Form XP 110 elliptical** w/ 12", 14" or 18" adjustable stride, magnetic resistance, \$375. 317-2793.
- Baby items:** deluxe bouncer; changing table; Johnny Jump Up; sm. activity set. 895-6147.
- Yamaha 5-piece drum set**, new heads, \$200 OBO. 269-5003.
- Ashley Furniture sectional** w/ sofa sleeper & recliner, brn., great shape. 788-7873.
- Two 3-day passes to Country Jam** for 7/17-7/19, \$150/pair OBO. 784-3085.
- Solid oak ent. cnt.**, ex. cond., 58"x 49"x 20", holds up to 36" TV. (563) 538-4989, after 6 p.m.
- 20" Schwinn Stingray bicycle**, barely used, \$125; 30" Rawlings Plasma baseball bat, 25 oz., -5, used in only 6 games, \$100. 787-1855.
- 16" Circle Y show saddle**, perfect cond., used only 10 times, stored inside, basket weave & floral tooling, silver, \$1,300 OBO. 788-3139.
- 1987 Starcraft pop-up camper**, older but gd. cond., \$700 OBO. 385-5409.
- Two 9'x 7' wht. insulated gar. doors**, \$150/ea.; 1/2-hp opener, \$80. 695-5776.
- Schwinn double jogging stroller**, VG cond., \$125. (563) 382-8728.
- Purely Yours breast pump**, \$75; maternity clothes, sz. sm., all seasons. (507) 724-2673.
- 68"x 18" x 32" light walnut dresser**, solid, \$50. 452-2428.
- Med.-sz. metal dog kennel/crate**, like new, used only a few times, \$20. 788-1844.
- Vehicles**
1978 Ford F150, fully restored, 6,000 mi. 797-1501.
1983 Yamaha Virago 500, super clean, windshield & saddlebags, 17,000 mi., \$1,500. 387-0925.

- 1995 Toyota Tercel**, 2-door, 4-speed, 99,000 mi., 1 owner, great shape, 40+ mpg, \$1,850 OBO. 526-1000.
- 1996 Chevy Blazer 4-door**, 4WD, PW/PL & driver's seat, \$3,500 OBO. (563) 880-5190.
- 1999 Honda Goldwing Aspencade**, 1500 cc, 51,000 mi., helmets, ex. cond., \$9,200. 582-2255.
- 2000 Chevy Blazer 4WD**, 4 door, 1 owner, no rust, well equipped, PW/PL, A/C, cruise, alloy wheels, 99,400 mi., \$5,250. 386-6002, days only.
- 2001 Ford Ranger 4x4**, ext. cab, PW/PL, 56,000 mi., 4.0, V6, new tires, \$7,000. 780-1362.
- 2002 Harley Dyna Super Glide**, 6,100 mi., Vance & Hines short shots, forward controls, bags, backrest, \$9,250. 769-4025.
- 2006 Honda Pilot EX**, 28,300 mi., ex. cond., multi-CD, pwr. everything, 3rd-row seat, \$19,500 OBO. 457-2610.
- 2006 Honda CBR 600**, 7,900 mi., \$8,500 OBO. 634-2265 or 606-5677.
- 2006 Jay Flight 27'**, 2008 camp site inc., sleeps 9, immaculate, air, fridge, stove, microwave, surround sound, hitch, sway bar, rarely used, \$12,900. 780-7803.
- 2008 Bronc 50-cc scooter**, only 180 mil., new helmet, \$1,200. 783-0499.

- Real Estate**
2 BR ranch, 1 bath, on .88 acres., office/playroom, 2.5 att.-car gar., garden shed, Centerville, \$130,000. 539-2159.
3 BR 16'x 80' MH, 2001 Pioneer, 2 baths, 10'x 16' deck, shed, gas stove, gas or electric dryer, new carpeting & doors, W5445 CTH F, lot 36, \$25,000. 792-9060.
3 BR 16'x 80' MH, 1991 Skyline, 2 baths, appl. incl., new carpeting, wood shed, lg. lot, pets ok, 5808 Oriole Ln., Rivercrest Village, \$16,500 OBO. 788-8928.
3 BR duplex, 2 baths, 1,800 sq. ft, 2-car att. gar., A/C, deck, appl. incl., ea. side \$900/mo., 1901-1903 Franklin St., Onalaska, open house 7/19, 8-11 a.m., \$235,900. (715) 613-4184.

- For Rent**
1 BR duplex, avail. 8/1, 1 mile from GL, washer & dryer incl., central A/C, \$400. 788-3404.
1 BR upper duplex, 1 bath, covered entry, lg. rooms & kitchen, walk-in closets, newly painted, no pets/smoking, 7th & Jackson, La Crosse, \$375 + utilities. 792-2725.
1 BR apt., 1 bath, Rivers Edge Apts., sub lease or for renew, onsite full workout, on the Black River, pets allowed. 385-0290.
2 BR apt., looking for roommate, male or female, in Onalaska, \$275. 797-9060 or grtpeterson@yahoo.com.
4 BR upper-level duplex, spacious country living, free heat, lawn care, laundry, private entry, 15 min. from La Crosse & Winona in Nodine, MN, \$650. (507) 643-6920 or (507) 313-4508.

- Services**
Occasional babysitting, in my home, 7- & 5-yr.-old., seeking responsible teen, no need for own transportation. 317-4346.
Babysitting, HS junior avail., First Aid/babysitter's course completed, ref. avail., love children, all hrs. 797-2265.
Babysitting, responsible 13-yr.-old avail., Viroqua/Genoa area. 606-2247.
Wanted
Outside toys for kids: picnic table & slide. (507) 459-3916.
Reasonably priced LT outdoor play center, for young toddler. (507) 450-8818.
Used alto sax.: upright piano; both in gd. cond. & reasonably priced. 269-2837.

- 3 BR rental in Holmen** or surrounding area, ready to move now or before school yr., 2 well-behaved small dogs. 388-4246 or 797-2991.
Aluminum canoe, any cond. 317-9326.
Big wheel: LT picnic table. 788-7287.
2-person kayak. (507) 895-3512.
2 bikes for 6-yr.-old twin girls, gd. cond. but reasonable. 781-3431, evenings.
Newer refrigerator for gar., gd. cond. 534-5042.
Used laptop, affordable price, for use in Africa. 797-6840.
High-backed office chair; book shelf. (715) 573-1820.
Full-sz. refrigerator, newer & gd. cond. (507) 993-0575.
Cheap ping-pong table. 385-0290.
Small aquarium to use for a kid's bug house. 519-1309.
Infant childcare, needed 3 days/wk., our home or yours, ref. required. 784-2079.
"Bumpo" infant seat. 792-6613.
Gd.-running push mower, cheap. 385-6084.
Childcare, in my house, PT days, happy & healthy 2-yr.-old boy. 386-8668.
2-3 BR house/duplex to rent, for newlywed couple, 1 very mellow adult dog. (507) 412-1037.

- Giveaway**
2 full-sz. mattress sets; wooden headboard, gd. cond., no delivery, Onalaska. 783-0867.
Wht./tan/blk. longer-haired kitten, female, 1/2 Siamese, blue eyes, loves people. 865-0464.
River rock, you haul. 397-5010.
6-wk.-old kittens, litter trained, eating well, some Siamese-looking, others various colors. 857-3293.

- Puppies**, sm.- to med.-sized mixed breed, indoor, ready for new families after 7/28. 857-3293.
8-wk.-old kittens, will deliver. (507) 643-6452.
6-10 wk. old German Shepherd puppy. 846-4646.
Found
Jack Russel mix dog on 7/9, short hair, wht. w/ brn. spots, French Island area. (846) 454-6414.

- Rummage Sales**
Fri., 7/18
8 a.m.-1 p.m., 1205 Cliffview Ave., Onalaska.
Sat., 7/19
8 a.m.- 3 p.m., 2-family sale, 1722 10th St. South, La Crosse.
8-11 a.m., spoiled little girl sale, 1903 Franklin St., Onalaska.
9 a.m.- 4 p.m., construction tools & supply sale, 2641 Lake Shore Dr., French Island.
7:30 a.m.- 1:30 p.m., 927 Park Place, Onalaska, off from 10 Ave. North.
7 a.m.- noon, 1972 Sandalwood Dr., Onalaska.
Fri. & Sat., 7/18 & 7/19
7 a.m.- 2 p.m., 509 & 513 Oak Ave. South, Onalaska.
8 a.m.-1 p.m., 3621 South 29th Ct., La Crosse. ●

Elevator etiquette

Thank you! The majority of staff are using the staff elevators and we truly appreciate it. It's not always easy to change, but you're doing it and our patients are noticing. We've overheard patients say, "My, that was quick" or "We didn't have to wait long for that elevator." We are building a culture of service excellence by putting our patients first.

Please continue to use the staff elevators:

- Hospital, Group A - the three cars located in the back side of the patient elevators
- Hospital, Group B - across from Security; this is both a patient and staff elevator, however, patients first
- Hospital, elevator 2 - to the right of Group B
- Hospital, Renal entrance
- Clinic, Group C - left-most car when facing the elevators

When escorting a patient, you may use any of the patient elevators. ●



Use staff elevators unless escorting a patient.

